

**ABSTRACT OF THE DISCLOSURE**

An ice axe device and method has an adjustable grip. The ice axe includes an elongated shaft with opposite proximal and distal ends. A pick is disposed at the distal end of the elongated shaft, and a grip is disposed at the proximal end of the elongated shaft. A pommel is adjustably securable to a proximal end of the grip, and is movable towards and away from the grip to respectively shorten and lengthen a length of the grip. At least one spacer can be selectively disposable on the grip to selectively shorten and lengthen the length of the grip

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